1; Herskovits E-4,5 (1936) 1337 SV3 Haiti SV3
Mirebalais

853 Breast-feeding begins on the third day, but if the milk does
[169] not come, the mother goes to a woman "specialist" who
[854] knows the herbs which are believed to induce the flow. When the mother is ill or tubercular, the infant is given to a wet-nurse. Once he has begun to nurse, he is fed whenever he cries, and as soon as he can sit up he is given the same food as
846 the mother eats. For the first two or three months after the
262 birth of her child a woman refrains from eating egg-plant, fresh fish — although she may eat salt fish — white beans or any others larger than Congo peas, pork, lard, and all fruit.
304 The ears of a female child are pierced when she is about a
30 month old for the gold ear-rings which are worn by girls and women of all ages. If the parents cannot afford them at the time, however, thread is placed in the holes until a sum sufficient to provide this important trinket has been accumulated.

856 A child is taught to sit up beginning with the end of the
854 third or fourth month, and by the time he is six or seven months old he can sit quite well; girls are believed to be more precocious than boys in acquiring this skill. When about ten months old, or sooner, an older sister, a little girl, or the father or mother takes the child by the hand and teaches him to walk, later allowing him to hold one end of a stick for sup-
[754] port. A child is never left alone, for fear of the evil eye or of
[789] werewolves, so that a mother does not even cross the threshold of her house without taking her baby with her, while if for some reason she cannot avoid leaving her child while she is in the yard, an empty bottle is placed near its pillow as a pro-
856 tective device. Teething is a matter of importance, since the
855 attitudes of the parents toward a child may be determined by
763 the first teeth to appear. If these are cut in the upper jaw, it is said that the child's mother will survive his father, and when this occurs, the mother takes every precaution to conceal the fact from her husband, so he will not hate the child. Others hold, however, that the appearance of an upper tooth first denotes that either the father or the mother is soon to die.[4]

856 Instruction starts early in the life of a child. Beginning with
861

3: Leyburn Z-4, 5 (no date) 1966
SV3 Haiti SV3

Spring water in the country districts is frequently

polluted by all sorts of excreta; the watering of milk is a common practice, and samples of milk have been generally found to contain many times the normal amount of bacilli. The cases of tuberculosis are practically always complicated by malaria.

Dysentery, when caused by bacilli, is epidemic in nature. In Haiti this form, known as "colerin," annually affects about a quarter of the rural population. Another type, caused by a variety of amoeba, affects another ten or twenty per cent, according to the region. Enteritis is less serious than dysentery but just as prevalent, being caused by protozoa and intestinal worms. Poor diet, the abuse of alcohol, premature weaning, and unwise nursing are also responsible. Granular conjunctivitis affected sixteen per cent of the children examined by the Rockefeller Foundation.

Cancer seems to strike only a normal number of Haitians; goitre is common in the mountain districts; leprosy has become a menace in the West and South; elephantiasis is present, particularly in the South; gusarola (characterized by patches of skin assuming different color) is fairly common in the Cul-de-Sac plain; chicken pox, influenza, and meningitis epidemics are occasionally serious.

The health of the peasant women is seriously and continuously endangered by their mode of life and work. It is customary for females, from girlhood onward, to carry heavy burdens on their heads—over steep paths in the mountains, along rocky trails, up hill and down. The commonest sight in Haiti is to see a woman swinging along with a great load of fuel, a tin of water, a bundle of building material, a basket of fruit, on her head. Cranial bones are flattened, the spine is bent, internal organs are strained or damaged. For ill-nourished persons to carry heavy weights for long distances with little rest means undue pressure on the heart and lungs, and so an increasing tendency to cardiac and pulmonary infections as well as chronic anemia. Overwork frequently results in miscarriages.

As has been said, childbirth often occurs by the roadside, on the way to market, or in the market place. In no case can a peasant woman remain in bed for a proper period either before or after parturition. Midwives are untrained; they use primitive methods which inevitably result in defective development of infants, lessened resistance to disease, high infant mortality, and a prevalence of abdominal diseases in women. Pressure of work, whether in the field or on the way to market, makes a mother soon stop nursing her

3: Leyburn Z-4, 5 - (no date) 1966
SV3 Haiti SV3

baby: when she does she substitutes a mode of feeding on fruits and solids which favors digestive disturbance and nutritive diseases in the infant.

At the age when children of the élite would be starting to school, peasant children are beginning work in the fields, hoeing, weeding, and carrying, always under the tropical sun. Cuts and bruises, sometimes serious, are improperly treated when they occur and so lead to tetanus or to enormous ulcers.

Hard work and a simple mode of outdoor life prove, in Haiti at least, not to be the keys to good health which a romantic might fancy them. Haiti has been one of the unhealthiest places in the world. One feels that it has been lucky to escape such scourges as typhus, cholera, and bubonic plague; that smallpox has not been violent in its epidemics, and that the people developed an immunity to yellow fever. It has, indeed, been luck rather than cleanliness and proper medical care which has protected the people in these instances.

In 1838 Boyer founded a hospital school at Port-au-Prince, giving it the name of The National School of Medicine. It did not function as a school, however, until 1860 when Geffrard reorganized it and gave it life. Geffrard also sent young men to Europe to study, installed laboratories of physics and chemistry in the upper schools of the capital, and made possible the appearance of an intellectual élite."[11] The next burst of energy in matters of hygiene came around 1890 when, under the influence of Dr. Léon Audain, the first health records were kept, and the spirit of scientific research reached Haitian medicine.

From 1804 to 1860, then, there was practically no proper care for sick people. In the latter years of the century a few trained physicians, with sadly deficient equipment, practiced in the towns. Not until after the Occupation was the rural mass of the population even touched by the medical knowledge which had been developing all over the civilized world for decades. Clinics, wholesale vaccinations and inoculations, and campaigns of enlightenment have in the past twenty years worked wonders. The Vodun practitioner, however, still is the "expert" who treats most illnesses, and healing remains one of his major functions.

11. Geffrard established schools of law, music, painting, and navigation. The latter two collapsed. The same president founded the high schools of Port-au-Prince, Jacmel, and Gonaïves.